



Thought Record

Don't believe everything that you think.

• Thoughts and images can come to mind automatically.

• Not all thoughts are completely true: some might be facts, others could be opinions.

| Situation Describe the event that triggered a strong response in you. | Emotion What did you feel? How strong was that feeling (0 – 100%)? | Automatic thought What went through your mind before, during and after the situation? |  Evidence FOR Record facts and experiences that indicate your automatic thought is accurate. | Response Write a considered response to your automatic thought, and record how you feel now. |
|---|---|--|---|---|
| Situations or events can be: <ul style="list-style-type: none"> • External: things that other people could notice. • Internal: things that only you notice. | <ul style="list-style-type: none"> • What emotions or body sensations did you notice? • Rate how strong those feelings were from 0 – 100% | <ul style="list-style-type: none"> • What were you thinking when you noticed yourself feeling that way? • If you had an image or memory, what did it mean to you? • How much did you believe the thought? | <ul style="list-style-type: none"> • What facts, experiences, or evidence support the truthfulness of your thought? • What reasons are there for thinking your thought is true? | <ul style="list-style-type: none"> • Write an alternative to your automatic thought that takes into account all of the evidence you have recorded (for and against). • How much do you believe this response? • Describe how you feel now. |
| | | |  Evidence AGAINST Record facts and experiences that suggest your automatic thought is not completely accurate. | |
| | | | <ul style="list-style-type: none"> • What facts, experiences, or evidence contradict your thought? • What reasons are there for thinking your thought is not true? | |

Thought Record

Don't believe everything that you think.

• Thoughts and images can come to mind automatically.

• Not all thoughts are completely true: some might be facts, others could be opinions.



| Situation Describe the event that triggered a strong response in you. | Emotion What did you feel? How strong was that feeling (0 – 100%)? | Automatic thought What went through your mind before, during and after the situation? | Evidence FOR Record facts and experiences that indicate your automatic thought is accurate. | Evidence AGAINST Record facts and experiences that suggest your automatic thought is not completely accurate. | Response Write a considered response to your automatic thought, and record how you feel now. |
|--|--|--|---|--|---|
| <p>Situations or events can be:</p> <ul style="list-style-type: none"> • External: things that other people could notice. • Internal: things that only you notice. | <ul style="list-style-type: none"> • What emotions or body sensations did you notice? • Rate how strong those feelings were from 0 – 100%. | <ul style="list-style-type: none"> • What were you thinking when you noticed yourself feeling that way? • If you had an image or memory, what did it mean to you? • How much did you believe the thought? | <ul style="list-style-type: none"> • What facts, experiences, or evidence support the truthfulness of your thought? • What reasons are there for thinking your thought is true? | <ul style="list-style-type: none"> • What facts, experiences, or evidence contradict your thought? • What reasons are there for thinking your thought is not true? | <ul style="list-style-type: none"> • Write an alternative to your automatic thought that takes into account all of the evidence you have recorded (for and against). • How much do you believe this response? • Describe how you feel now. |